



OPTIMA™

Women's Healthcare

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GUIDE FOR OVER THE COUNTER (OTC) MEDICATIONS

No medication is considered 100% safe during pregnancy; therefore, please consult us prior to taking any medication not listed on the Approved OTC Medication List. Any medications listed here should be taken in very small doses and only when absolutely necessary. Please review and call us with any additional questions.

Indigestion: Try to eat smaller more frequent meals 6-8 times a day. Avoid spicy or greasy foods. If these suggestions fail, see the *Approved OTC Medication List*.

Nausea or Morning Sickness: Eat smaller more frequent meals 6-8 times a day and never skip meals. Eating a cracker or a piece of toast before getting out of bed may be helpful. If vomiting persists for more than 24 hours and you cannot keep any fluids down, please contact us.

Constipation: Increase the fiber in your diet by eating whole grain breads and cereals, cooked and raw fruits and vegetables. High fiber bars might be helpful. You should drink between 2 and 3 Quarts of liquid per day. We also recommend 1-2 glasses prune juice daily. As a last resort you may use the suggestions on the *Approved OTC Medication List*. If constipation becomes a persistent problem, please contact our office.

Diarrhea: This can be caused by a virus, bacteria, medication, food poisoning, or irritating foods. Try clear liquids, Bananas, rice, apple sauce, and toast. Avoid milk products, juices and rich foods. If your diarrhea is severe or lasts more than a day or so, you may need to be seen in the office.

Hemorrhoids: Usually consistent with constipation, hemorrhoids may develop, which are enlarged veins at the rectal opening. Most often burning, itching, and irritation occur. Keep the bowel movements soft and regular, also avoid straining. You may try taking warm baths 2-3 times a day and use one of the approved methods on the *Approved OTC Medication List*.

Headaches: Common in pregnancy and to be treated only with Tylenol (acetaminophen). If the headaches are persistent please call our office. Do NOT take any motrin, ibuprofen, advil, aleve, or other NSAIDs.

Cold or Congestion: Use a cool mint humidifier, drink lots of fluids, and get plenty of rest. For a cough try warm tea with honey. For stuffy nose you may use Ocean nasal spray. If you are more than 12 weeks pregnant you may use something from the *Approved OTC Medication List*.

Pain: May treat with heating pad, warm bath, or Tylenol (acetaminophen). Do NOT take any motrin, ibuprofen, advil, aleve, or other NSAIDs. If you are experiencing frequent contractions, please call the office.

Flu Shot: Can be administered at any time in pregnancy and strongly recommended for all pregnant, postpartum and breastfeeding women.

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